

# MINUTES

## King County Somali Health Board

Tuesday, October 23, 2012

6:00 p.m. – 8:30 p.m.

## Hope Academic Enrichment Center

9421 18th Ave SW, Seattle, WA 98106

### Welcome and Introductions

Ahmed Ali, RPh

**Attendees:** Kathleen To (Swedish Health), Shukri Rodol (Swedish Health), Rahmo Ahmed (Lutheran Community Services), Yetta Levine (Ethnomed/Harborview), Mohamed Roble (Somali community member), Mohamed Ali (Within Reach), Becky Thibodeaux (Public Health – Maternal Support Services), Sagal Osman (community member), Mohamed Hassan (Afrique Service Center), Carina Elsenboss (Public Health- Preparedness), Hawa Egal (Open Arms), Aisha Dahir (Global to Local), Meredith Li-Vollmer (Public Health- Communications), Alanna Beebe (Public Health - Preparedness), Ahmed Ali (Pharmacist – Walgreens), Subeida Mukhtar (Somali community member), and Safia Ismail (Somali community member).

---

### Somali Health Care Experience- Prenatal Care, Labor & Delivery

Mohamed Ali, MPH

Please see separate attachment: *Somali Health Care Experience: Prenatal Care, Labor and Delivery*

---

### Somali Health Board – Formalizing

Subeida Mukhtar

*Edits to the vision, mission and goals are italicized.*

#### **Vision**

We envision a healthy King County in which health systems and service providers work together with Somali communities *and Somali health professionals* to promote positive health outcomes.

#### **Mission**

To improve health outcomes in King County Somali communities through:

- Meaningful partnership development
- Mutual education of providers and community leaders
- Advocating for culturally appropriate and relevant policies and services.

#### **Draft Goals**

- Create a forum to build relationships between health systems (e.g. hospitals, community health centers, Public Health), services (e.g. food banks, housing ) and Somali community and health leaders
  - Identify key health conditions, concerns and questions
  - Identify and address systems issues that impact access and the Somali experience of health care and treatment
  - Provide opportunities for mutual education
  - Formalize mechanisms to communicate key health and safety information to Somali residents in King County
-

- 
- 
- Act as an advisory group to offer recommendations to health and governmental systems to better serve Somali people in King County
  - Create a space for Somali health professionals to work together.
  - Act as a bridge for health care and service providers in the early learning environment (recommended addition but not discussed)

### **Expectations and recommendations for Membership (draft)**

- Organizations should commit to having representation at every board meeting and should commit to reporting back and disseminating learnings/information within their own organizations.
- It is preferred that health professionals (and Somali health professionals) are represented at these meetings.
- Share information learned at the meetings with as many people as possible.
- Develop a profile of each member of what we are here to learn and what expertise we can share with the group. Be resources to one another. Share our expertise.
- Serve as ambassadors for the work
- Have a commitment from Somali leaders and community.
- Share referrals to other professionals in the room, utilize these important connections.
- Learn
- Outreach in Somali communities
- Advocate to the community about the Health Board to reach as many people as possible.
- Have a virtual presence. (e.g. Facebook page)
- Report back to the health board any feedback one receives from their network when they share their lessons learned at the health board.

---

---

### **Next Steps**

*Safiya Ismail*

Location: Lutheran community can host the next Health Board meeting in SeaTac. The Matt Griffin YWCA is also a possibility.

The group decided to discuss mental health or alternatively called emotional well-being. This includes:

- Cognitive mental health issues such as those we are born with or from head trauma
- Postpartum depression
- PTSD
- Discuss Jin being possessed by natural beings.

We can start with the Ethnomed mental health profile, present it. Mohamed Sheikh can invite Doctor Nasser to discuss anthropological medicine. We can plan an education campaign.